



Health and Harmony - Music Therapy | Relaxation Music

Health and Harmony

Relaxing

Price: \$11.99



Learning to relax is like learning any new skill; it takes time and practice to develop such skill. Everyone is unique, and different techniques work for different people. This music will help relax your mind and body helping you be ready for the challenges of a busy life. So lay back, breath and allow your mind to float off to that beach or garden you have been dreaming of.

The music on this CD will create a perfect environment for meditation or alternately it can be used purely for relaxation and to promote good health.

Total playing time 52 minutes Digital stereo recording

[Vendor Information](#)

Customer Reviews: There are yet no reviews for this product.

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